

Claims

1. Training apparatus, characterized by including:
 - a base stand which has a guide rail that extends in the right-and-left directions;
 - a slide base portion which can slide along the guide rail;
 - a foot stand which is provided over the slide base portion so as to be turned;
 - a connection means which engages a substantially-middle proper part of the base stand in the right-and-left directions and the foot stand, so that the sliding position and the turning angle of the foot stand can be correlated; and
 - a force giving means which gives the slide base portion a biasing force by which the slide base portion moves toward a substantially-middle position of the base stand in the right-and-left directions.
2. The training apparatus according to claim 1, characterized in that the connection means has:
 - a swaying arm one end of which is connected to the foot stand; and
 - a swaying-arm support portion which is provided in the base stand and supports the side of the other end of this swaying arm so that the other-end side can turn and rub freely.

3. The training apparatus according to claim 2, characterized in that the swaying arm is formed by a rod-shaped body, and the swaying-arm support portion has a pair of rollers which holds the rod-shaped body between the rollers.

4. The training apparatus according to any one of claims 1 to 3, characterized in that as the guide rail, two guide rails are provided side by side, and the slide base portion holds, at both ends thereof in the front-and-rear directions, each guide rail.

5. The training apparatus according to any one of claims 1 to 4, characterized in that the slide base portion has a pair of rollers which holds the guide rail between the rollers in the up-and-down directions.

6. The training apparatus according to claim 5, characterized in that among the pair of rollers which holds the guide rail between the rollers in the up-and-down directions, the axis of the upper roller is horizontal, and the axis of the lower roller is inclined.

7. The training apparatus according to any one of claims 1 to 6, characterized in that the force giving means is a spring which is stretched between the slide base portion

and the base stand.

8. The training apparatus according to any one of claims 1 to 7, characterized in that the base stand has a handrail portion.

9. The training apparatus according to any one of claims 1 to 8, characterized by further including a monitor which displays an image for a training guide.

10. The training apparatus according to claim 9, characterized by further including a controller which gives an instruction to switch the training-guide image that is displayed in the monitor.

11. The training apparatus according to claim 10, characterized in that the controller is disposed in the handrail portion.